


Friendship Heights  
Village Center



Calendar  
of Events 2005

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Is Medicare’s new drug plan for you?</p> <p>Everyone with Medicare will soon be able to enroll in Medicare’s new Prescription Drug Program (PDP). Should you? A volunteer counselor from SHIP (Senior Health Insurance Assistance Program) is at the Village Center from 1 to 3 p.m. the second and fourth Wednesday of each month, to help you make a decision. Find out about premiums for the new benefit, whether your current health insurance is just as good, whether you or a friend might qualify for extra help in paying out-of-pocket expenses, how to choose the best PDP for you, when to sign up and more.</p> <p>To make an appointment, call the Montgomery County SHIP (301) 590-2819. Walk-ins are welcome if there is time available.</p>				<p>1</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7 p.m.: Movie: The Aviator</b></p>	<p>2</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>
<p>4</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p>5</p> <p><b>Labor Day Center Open 9 a.m. to 2 p.m.</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi</p>	<p>6</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>7</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish <b>7:30 p.m.: Concert: Dixie Power Trio</b></p>	<p>8</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7 p.m.: Movie: Million Dollar Baby</b></p>	<p>9</p> <p>10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch</b> <b>1 p.m.: Special Presentation: “Confessions of a Nightingale”</b></p>	<p>10</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs <b>10:30 a.m.: Saturday Story Time</b></p>
<p>11</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>12</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Drop-in Yoga <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b></p>	<p>13</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>14</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 1 p.m.: Beginning Bridge <b>1 p.m.: Suburban Lecture: Options for Cancer Therapies</b> 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Rosanne Conway and George Peachy</b></p>	<p>15</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7 p.m.: Café Muse</b></p>	<p>16</p> <p>10:30 a.m.: Coffee and Current Events</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs <b>12 p.m.: Landon Symphonette</b></p>
<p>18</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>10 a.m -1 p.m. Village Yard Sale</b> <b>11 a.m. Pooch Parade</b></p>	<p>19</p> <p>9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga</p>	<p>20</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>10:30 a.m.: Estate Planning</b> 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist <b>6:30 p.m.: Vision Transitions</b> 7 p.m.: Mat Pilates</p>	<p>21</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Beginning Bridge <b>7:30 p.m.: Concert: Christina Crerar Trio</b></p>	<p>22</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7:30 p.m.: Book Signing with John Harris</b></p>	<p>23</p> <p><b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p>25</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>26</p> <p>9:15 a.m.: Fit-4-Ever <b>10: a.m. – 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength 1 p.m.: Beginning Bridge 2 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga <b>7:30 p.m.: Book signing with Nancy Greenspan</b></p>	<p>27</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates</p>	<p>28</p> <p>9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Beginning Bridge 1 p.m.: Health Insurance Counseling <b>6 to 7:30 p.m.: Party for New Residents</b> <b>7:30 p.m.: Concert: Ahmad Nadimi</b></p>	<p>29</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Improve Your Memory 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble <b>7:30: “Our Potomac” Slide Presentation</b></p>	<p>30</p> <p><b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events</p>	

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH’S SPECIAL LUNCH AND CONCERT

September’s special lunch, prepared by Jelena Koprivica, Dining Services Coordinator of Brighton Gardens, will be held on **Friday, Sept. 9, at 12:15 p.m.** The menu will include tossed salad, spaghetti with meat sauce, and fruit cobbler for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve by Wednesday, Sept. 7.

Following lunch, please stay for a special production of “Confessions of a Nightingale,” which depicts the life of one of America’s greatest playwrights, Tennessee Williams, **at 1 p.m.** The one-man show stars Barry Abrams and is directed by Ed Starr, the founder of Montgomery County Senior’s Theatre.